

Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 5 servings per week** — trout or crappie
- There are no fish with medium levels of chemicals
- **Safe to eat 1 serving per week** — largemouth, smallmouth, spotted bass
DO NOT EAT catfish or carp

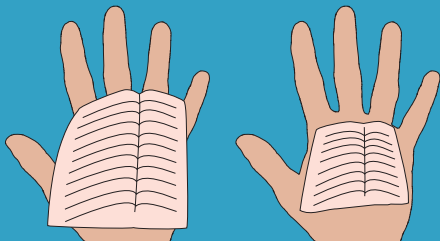
♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury, PCBs, and dieldrin. Mercury can negatively affect how the brain develops in unborn babies and children. PCBs and dieldrin might cause cancer.

What is a serving?



For Adults

For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught in San Pablo Reservoir in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



- **Do not eat** shark, swordfish, tilefish, or king mackerel



Guide to Eating Fish Caught in San Pablo Reservoir Contra Costa County



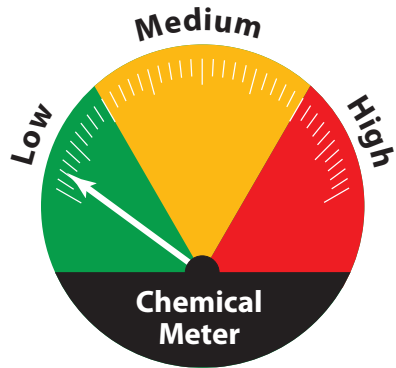
California Office of Environmental
Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

A guide to eating fish caught in San Pablo Reservoir

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17

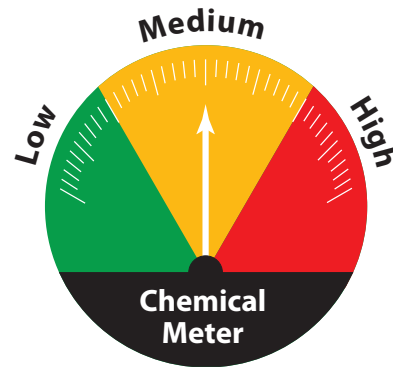


Trout ♥

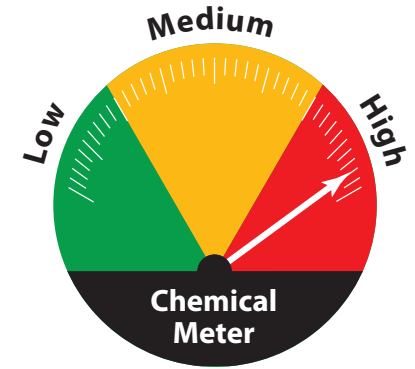


Crappie

♥ = High in Omega-3s



There are no fish with
medium levels of chemicals



Largemouth, smallmouth, or
spotted bass



Catfish



Carp

Safe to eat

Trout – 5 servings per week OR
Crappie – 2 servings per week

Do not eat